Hello Everyone,

Firstly I would like to express the sadness of staff regarding the recent loss of Jack, a wonderful Year 10 student of DSODE. Jack has been with us for nearly five years and was, and continues to be, held in high esteem by his teachers and his peers. The courage this young man showed in dealing with life has been inspiring and our thoughts and support are with his family.

Thank you to the Preschool staff, parents and students for the wonderful camp held in week 7. Seven children attended and engaged in a broad range of activities including library reading times, music, gymnastics, activities to explore sensory perception and social interactions with others.

In week 6 the staff ran a very successful Senior Residential camp with Year 11 and 12 students attending from far and wide. During the week four students experienced the chance to engage in several work tasks by attending work placement at the Dubbo Meat and Seafood Centre (DMC), Wheelers Lane. The staff at the DMC were fantastic with their support and thank you to Hannah Morley for organising this opportunity. The same students also visited Century 21 Real Estate Dubbo agency to learn about the process of renting properties and Orana Credit Union to investigate financial services available. Thank you to the staff at Century 21 and the Orana Credit Union for supporting our students.

The last two days of the camp involved Year 12 students participating in the HSC Seminars. A wonderfully dedicated team of DSODE teachers once again organised these HSC seminars in Dubbo for the 21st year. Chris Bray, Susan Howlett, Louise Woods, Jenny Donovan and Melissa Halpin spent considerable time and enthusiasm organising venues, enrolments in sessions for over 500 students and travel and accommodation for 35 presenters. Wayne Basham spent days organising technologies and, on the two days of the venues, ran from location to location making sure presenters had what they needed. At school Kate Mines kept the photocopiers running hot to ensure presenters had handouts for students and Christine Frankland provided a huge amount of administrative support to ensure the seminars ran smoothly, as did many others in the school. Jane Sherlock, an experienced presenter and HSC day organiser herself, pointed out that the Dubbo team sets the standard for HSC seminars in the state.

In week 9 twenty two staff attended the State-wide Distance Education Symposium to work with networks of teachers in areas of common interest that will result in the production of learning resources to implement the Australian Curriculum. Thanks to Mike Tom, Kym Knight and Greg Alchin for their work in organising this event and to all staff who have contributed so much.

I have had four weeks on leave and again wish to thank the wonderful leadership of the executive team at DSODE. In particular thank you to Debbie Murray, who dealt with a number of significant issues during my leave. I also thank Melissa Halpin, Graham Grant, Jenny Donovan and Graeme Hosken for relieving as Principal or Deputy Principal.

Best wishes

Chris Mason
Hello everyone,

I hope you are all rugging up for the cold weather.

Hasn’t this term just flown by so quickly! The holidays are nearly here, so get the ski gear ready if you are off to the snow.

The Preschool Camp has just concluded and was a great success.

Home visits have been occurring since our last newsletter with lots of students visited. It is always great to catch up with students and their carers.

The recent year 11 and 12 residential was a great success. The students had a good time, worked hard and they all enjoyed their lessons and activities.

The HSC Seminars were well attended again and the feedback was very positive from everyone who attended.

The Myall Mail is once again being planned, so please send in your articles, photos or drawings. You need to have given us permission to publish your work, so make sure that we have your written permission. Just call the main office if in doubt.

Please look after all of the resources which have been sent out to you and return them as soon as you have finished with them so that others can use them.

Keep in touch with your teacher and don’t hesitate to call or email if you need any help at all.

Have a great holiday everyone!

Regards for now,

Sue Howlett
2013 Calendar of Events
International Year of Water Cooperation
International Year of Quinoa

July 26 Schools Tree Day
July 28 National Tree Day
August 19-25 Keep Australia Beautiful Week

National Tree Day
2013 Theme ‘Get Outside and Grow’
Venture into the outdoors and connect with nature.
Plant and care for native trees and shrubs to improve the outdoor environment where you live.

WHAT CAN YOU DO?
Join your local community groups like Landcare and council programs.
Grow vegetables
Weed an area
Add shrubs to building surrounds.
HSC
UAC 2014 Guide should be available from mid July.
Charles Sturt University Early Entry information and Principal's Report Entry Program (PREP) application forms have arrived.
This scheme has a closing date of 20 September. If you are applying for early entry to CSU I will need the application form back at DSODE two weeks before this i.e. 6 September.
This early entry scheme requires you to demonstrate your motivation to succeed. You need to address three questions to do this. You should write a draft and get it checked for spelling and expression. Type your responses and glue in the space provided.
This scheme is competitive so you need to highlight your strong points, abilities, motivation and understanding of the nature of the course in your response.
University of Wollongong: Early Admission: Thursday 1 August online applications open. Thursday 22 August online applications close.
Other early entry schemes for example to Southern Cross University of University of New England will also be available. Remember if the application requires input from the school, they need to be back at school two weeks before any submission date.
Year 11
Honeywell Engineering Summer School (HESS) for students with a desire to pursue Engineering as a future career. HESS will run December 1 – 6.
For information visit www.engineersaustralia.org.au/hess
Information Received
1. Macquarie Uni Undergrad Programme 2014
2. Newcastle Uni Undergrad Degrees 2014
3. UNSW Co-op Scholarship Program
4. UNSW Scholarships Guide
5. Uni of Adelaide Undergrad Degrees 2014
6. UNSW Health Careers Kit 2013
7. Australian Maritime College 2014 Course Guide
9. Sydney Uni E12 Scheme: Early Offer Year 12 (E12)
Open Days/Expos
1. ACN Nursing and Health Expo: career possibilities in the nursing and healthcare field. Sunday 23 June 2013 Sydney Town Hall events@rcna.org.au www.acn.edu.au 1800 061 660
2. Macquarie Uni: Saturday 14 September 10am-4pm www.openday.mq.edu.au
Scholarships
University of Technology Sydney (UTS) Bachelor of Information Technology Co-operative Scholarship Program. Round 1 applications closed 21 June, Round 2 applications will open in August and will close 30 September.
Students can get advice on the application and interview process from BIT scholars on website www.uts.ac/BITco-op and connect with the BIT Program through Facebook www.facebook.com/UTS.BIT
Ian Smith  Careers Advisor  02 5804 7067  ian.douglas.smith@det.nsw.edu.au
Greetings from the Library

New Books to Borrow

Don’t call me a Koala Bear & other Aussie Songs
by Don Spencer and Michelle Pike
From a kookaburra with a broken wing, to a kelpie who is not too pretty, this great collection of Aussie songs from songwriter and performer Don Spencer will amuse the young – and the young at heart – for hours. Sing along to the accompanying CD with each song brought to life by illustrator Michelle Pike who captures the Australian humour with energy and colour.

Love is in the Air by Harry Vanda, George Young and Shane Derives
The story line for this book is taken from a song of the same name, Love is in the air. Using the lyrics from the song, which was released back in 1978, the story of love in the air continues on in this picture book. There are several reasons this book works. Firstly, the musicality with the lyrics make it an easy to read book for adults reading aloud to young children, and emerging readers to feel the rhythmical patterning of the language.

The second reason this book is fun, is the accompanying pictures which tell their own story to be searched out and deciphered. The story of a sweet little polar bear enjoying the experience of other family relationships, and ultimately finding his mum in order to give his love to her. A sweet tale with a unique blending of old song lyrics and fresh pictures.

Queen Alice’s Palaces by Juliette Maclver and Lucia Masciullo
Lovely Queen Alice has the finest palace in the land. So fine, in fact, that cunning Sir Hugh tries to trick her into building one for him too!
But has he met his match in the whimsical, good-hearted Alice?

Bird and Bear by Ann James
Bird and Bear are the best of friends. When Bird and Bear go on a birthday picnic, they discover something surprising that will change how they see the world forever…

Not a Cloud in the Sky by Emma Quay
Bird had been flying for such a long time. Sometimes everything looked the same all over. Nothing different. Nothing at all. Apart from the odd cloud…
A beautiful picture book about how finding a friend can change the shape of a day.
Greetings from the Library

New Books to Borrow

**Sylvester & Arnold** by David Bedford and Tom Jellett
Sylvester and Arnold are both big, tough crocs. At least, they think they are… and they spend all day making sure everyone knows it. Maybe these big, tough, eye-bulging, branch-snapping crocs could become friends, or will they have to live at opposite ends of the swamp forever? When they meet by accident, the snapping and snarling begins. And then they meet someone else…

![Sylvester & Arnold](image)

**Max & George** by Cori Brooke and Sue deGennaro
Max only had one friend. Max’s friend was called George. George lived in windows. Max is lucky to have a friend like George. George loves to do everything Max does. He also knows what it feels like to be Max…
A great picture book for children who are nervous about starting school or making new friends.

![Max & George](image)

**The Dark** by Lemony Snicket and Jon Klassen
Laszlo is afraid of the dark. The dark lives in the same house as Laszlo but mostly it spends its time in the basement. It doesn’t visit Laszlo in his room. Until one night it does.
With emotional insight and poetic economy, Lemony Snicket and Jon Klassen bring to light a universal and empowering story about conquering fear. Join a brave boy on his journey to meet the dark, and see why it will never bother him again.

![The Dark](image)

**A Really Super Hero** by Charlotte Lance
An utterly charming book for every little girl who wants to be a super hero, and for every parent who keeps that dream alive. *I want to be a hero and a really super one, so my mum sewed my undies with an S upon the bum. Sometimes superheroes get everything right and effortlessly save the world, but sometimes… they don’t.*
A wonderfully warm and funny celebration of imagination, play, and the importance of having a good sidekick.

![A Really Super Hero](image)

**The Littlest Bushranger** by Alison Reynolds and Heath McKenzie
*The Littlest Bushranger* is an epic, swashbuckling story about Jack, who is left at home with his faithful dog Hector when his sister Lil starts going to school. But their ordinary day is about to be transformed when a fiendish, oddly bird-shaped outlaw suddenly descends on them.
For fans of *Where the Wild Things Are* and *The Gruffalo*, *The Littlest Bushranger* captures the unique language of the Australian outback in an engaging picture book.
ANIMALS WITH...

We value the equity of individual needs.
In Term 2 Year 7 classes; Magpies and Hawks have been working through a unit titled ‘Animals with Attitude’. Students looked at artists and artworks related to the subject of animals.

These are examples of student sculpture works made from found objects. Students had to choose an animal to model from and collect objects in appropriate shapes to then assemble into a sculptural form.

Thank you Hiedee, Sarah, Lily, Emma and Elaura-Jane for sharing your creations!
Term Two is quickly coming to an end and what a busy term it has been. In Week seven we welcomed seven of our preschool students to our term two camp. The theme for this camp was feelings and senses and our students engaged in a variety of activities throughout the three days where they consolidated their understanding of these concepts. The visit to Kinder Gym was a highlight, as it always is. During the camp we also provided an opportunity for our students to have their hearing and vision checked by NSW Health professionals in preparation for starting school next year. If you couldn’t make it to our term two camp, then perhaps you may like to join us during week seven in term three (4<sup>th</sup> – 6<sup>th</sup> September) for our term three camp.

A Big thank you to Hayley, Robyn and Jan for the excellent job they did while I was on leave. It is good to be back on board and catch up with all the exciting things that have been happening in my absence. We welcome Porter to our Preschool. Porter lives in the Goodooga area and is excited about becoming part of our Preschool.

**Birthdays**
We wish the following students a very Happy Birthday for June and July.

**June:** Braden 12<sup>th</sup> Taylor 15<sup>th</sup> Bridie 23<sup>rd</sup>
Myles 29<sup>th</sup> Jack 30<sup>th</sup>

**July:** Chase T 5<sup>th</sup> Frederick 28<sup>th</sup>

**Term Three Home Visits**
The Preschool teachers have been busy planning home visits for their students in the following areas during term three. Hay (week 2); White Cliffs -Week 4; Bourke - Week 6 and Glenn Davis in Week 9. Your teacher will contact you shortly with the date of your visit.

**Top Left:** Rory is very proud of the dinosaur that he has made from Playdough. **Left:** Leeyah climbing at Kinder Gym. **Below:** Myles and Braden engaging in the painting activity.
Preschool Matters

Resources
As we are nearing the end of another term it is a good opportunity for you to have a look around your home for all those Preschool resources that you no longer require and return them to school. Our preschool has an extensive range of equipment, which we like to keep in circulation, so we appreciate your assistance in returning the items you have finished with to school as soon as possible.

School Magazine
It is that time of the year again where we ask our Preschool families to contribute a recent picture of their student and a piece of their quality work, so that it can be included in our annual School Magazine – The Myall Mail.

Each piece of work should be on A4 sized white paper and remember to use a dark pen, texta or pencil to outline this work so that it will print well. We would also like to see a good photo of your child, head and shoulders is best. Could you please put your student’s name and location on the back of both the photo and the work, so it can be returned to you after it has been scanned.

If you would like your child’s work to be included in this year’s edition of the Myall Mail, it will need to be sent to their preschool teacher as soon as possible.
‘W’ Sitting

It has come to our attention that some of our Preschool students still prefer to sit in this position. I trust that you find this article interesting.

What’s wrong with W-sitting? Jean McNamara, Physical Therapist

The W-position is one of many sitting positions that most children move into and out of while playing, but it’s a four-letter word to some parents. Why is it presumed to be OK for some children and forbidden for others? When playing in these other sitting postures, children develop the trunk control and rotation necessary for the midline crossing (reaching across the body) and separation of the two sides of the body. These skills are needed for a child to develop refined motor skills and hand dominance.

W-sitting is not recommended for everyone. Many typically developing children do move through this position during play, but all parents should be aware that the excessive use of this position during the growing years can lead to future orthopaedic problems.

Why do Children W-sit?

Every child needs to play and children who are challenge like to play as much as anybody. They don’t want to worry about keeping their balance when they’re concentrating on a toy. Children who are frequent W-sitters often rely on this position for added trunk and hip stability to allow easier toy manipulation and play.

When in the W-sit position, a child is planted in place or ‘fixed’ through the trunk. This allows for play with toys in front, but doesn’t permit trunk rotation and lateral weight shifts (twisting and turning to reach toys on either side). Trunk rotation and weight shifts over one side allowing a child to maintain balance while running outside or playing on the playground and is necessary for crossing the midline while writing and doing table top activities.

It’s easy to see why this position appeals to so many children, but continued reliance on W-sitting can prevent a child from developing more mature movement patterns necessary for higher-level skills.

W-sitting should always be discouraged. This position is contra-indicated (and could be detrimental) for a child if one of the following exists:

- There are orthopaedic concerns. W-sitting can predispose a child to hip dislocation, so if there is a history of hip dysplasia, or a concern has been raised in the past, this position should be avoided.
- If there is muscle tightness, W-sitting will aggravate it. This position places the hamstrings, hip adductors, internal rotators and heel cords in an extremely shortened
range. If a child is prone to tightness or contractures, encourage other patterns of sitting.

- There are neurologic concerns/developmental delays. If a child has increased muscle tone (hypertonic, spasticity), W-sitting will feed into the abnormal patterns of movement trying to be avoided (by direction of the child’s therapist). Using other sitting postures will aid in the development of more desirable movement patterns. W-sitting can also discourage a child from developing hand preference. Because no trunk rotation can take place when W-sitting, a child is less inclined to reach across the body and instead picks up objects on the right with the right hand and those placed to the left with the left hand.

Try sitting in various positions. Notice how you got there, got out, and what it took to balance. Many of the movement components you are trying to encourage in a child are used when getting in and out of sitting.

Transfers in and out of a W-position however, are accomplished through straight-plane (directly forward and backward) movement only. No trunk rotation, weight shifting, or righting reactions are necessary to assume or maintain W-sitting.

**How to prevent W-sitting?**

The most effective (and easiest) way to prevent a problem with W-sitting is to prevent it from becoming a problem in the first place. Anticipate and catch it before the child even learns to W-sit. Children should be placed and taught to assume alternative sitting positions. If a child discovers W-sitting anyway, help them to move to another sitting position, or say “Fix your legs”. It’s very important to be as consistent as possible.

When playing with a child on the floor, hold their knees and feet together when kneeling or creeping on hands and knees. It will be impossible to get into a W-position from there. The child will either sit to one side, or sit back on their feet; they can then be helped to sit over to one side from there (try to encourage sitting over both the right and left sides). These patterns demand a certain amount of trunk rotation and lateral weight shift and should fit with a child’s therapy goals.

If a child is unable to sit alone in any position other than a W, talk with a therapist about supportive seating or alternative positions such as front and side lying. Trial sitting against the couch it may be one alternative; a small table and chair is another?

The therapist(s) working with the child will have many other ideas.

**About the Author** Jean McNamara is with Helping Hands School in Clifton Par, NY. The article was written in conjunction with the OP/PT staff there.
How quickly a nine week term goes!! The end of the term is nearly here already. Winter has definitely been visiting with some cooler days - perfect days for cuddling up in a chair and reading (after your school work is completed of course). Mr Strain always has an amazing selection of books for you to read so let your teacher know of any special requests that you would like to be added to your Term 3 pack.

Congratulations to Leven who has created this delightful Dinosaur as he worked his way through the Dinosaur unit.
Reading with your child!

When reading a book, the following before, during and after reading habits help children to become good readers.

**Before reading**

- Look at the cover together, read the title, discuss with your child what they think the story might be about? If the topic of the book is something you the child would be familiar with, create a discussion about that experience.
- ‘Walk through the book’. Turn each page. Discuss what’s happening without actually reading.

**During reading**

- Read the book. Ask your child if they can find any patterns in the text? Are there rhyming words? Does each page begin with the same word?
- If so, get them to predict some words (cover them if you have to!)

**After reading**

- Talk about the book and ask key questions, get them to retell to check for understanding.
- You might also pick out some features, such as punctuation and ask, what is that dot for or why is there a question mark there?

Discuss with your child the reading process and the importance of reading every day. Discuss what makes us good readers, like using expression in our voice, making the sentence make sense if they are coming across unknown words, reading for meaning etc.

**Stocktake**

In early Term 3 the primary resource room staff will be stocktaking.

Please ensure resources that are not being used are returned. This way we can account for what we have, what’s missing and what needs replacing.

**Term 3 camp**

On Friday of our Term 3 camp is the Small Schools Athletics Carnival.

Now is a good time to start training! Remember, when children attend these days they are often involved in multiple events which can be tiring. To start preparing for the big day, incorporate some warm-up, running and cool down activities into your weekly routine. This will prepare their bodies for a big day of activity as well as help with the recovery afterwards.

*Mrs Egan*  
(Relieving Assistant Principal)
Year 8 Geckoes PDHPE have been working on a topic called “Getting Along with Others” during Term 2. They have learned about how to build and maintain positive relationships, types of bullying and the impact of bullying on others. During Week 7, the class learned about bystander behaviour, and created lists of positive bystander behaviours. These are their suggestions, and we thought it would be a good idea to share them with the rest of the school.

Miss Morgan
PDHPE Teacher